

## FEEDING YOUR TWO YEAR OLD

Feeding your two year old is not always easy.  
Here are some ideas that may help.

### Meal Times

Just give a **little bit of food** at each meal. Two year olds don't eat a lot. You can give more food if your child wants it.

Don't get into **fight**s about food. You shouldn't force your child to eat. Don't give a cookie or other treat to get them to eat something like vegetables.

**Eat with your child at mealtime.** Turn off the TV and talk.

Sometimes when your child is busy playing, they may not want to **stop and eat**. Have a quiet time before meals. How about playing with crayons and paper and then washing hands before meals?

### Snacks

- Snacks should be like little meals for your two year old. Try cheese and crackers, yogurt and fruit, cereal and milk or half a sandwich and juice.
- Sometimes grandparents and older sisters and brothers like to spoil a young child with sweets and soft drinks. **Make some rules and stick with them.**

## Helpful Hints

- ★ **Give praise** that makes your child feel successful at eating healthy foods. Your child is learning that they are worth something. This is very important.
- ★ **Start teaching good habits** like eating a lot of fresh fruits and vegetables. And brushing teeth or at least rinsing with water after meals.
- ★ **Buy lowfat milk or fat free milk** after the second birthday, unless your child needs the extra calories of whole milk.
- ★ **Be patient and give a lot of love** to your child. Feeding will get a lot easier as your child gets older.

## How Much Food For A Two Year Old?

A serving of milk, yogurt, juice, or ready-to-eat cereal is ½ cup. A serving of cheese or bread is about 1 slice. For other foods, start with a serving size of about two tablespoons. Include at least this many servings from the food groups each day:

**Bread, Cereal, Rice and Pasta:** 6 servings

**Fruit:** 2 servings

**Vegetable:** 3 servings

**Milk, Yogurt and Cheese:** 4 servings

**Meat, Poultry, Fish, Dry Beans and Eggs:** 2 servings

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